
PHYSICAL READINESS AND PHYSICAL ACTIVITY OF PRIMARY SCHOOL CHILDREN IN A SUMMER RECREATIONAL ESTABLISHMENT

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Key words:

- physical activity,
- children,
- recreation.

Abstract:

The paper concerns physical culture and sport issues. It presents research showing that physical activity of students is declining nowadays in primary schools and not only. Heterogeneity of physical development, physical readiness, physical health status, functional abilities of children of younger school age has identified the need for dividing them into groups for doing physical exercises according to the level of functional status.

FORMULATION OF THE RESEARCH PROBLEM AND ITS SIGNIFICANCE

After the proclaiming the independence of Ukraine various regulations aimed at the development of physical culture and sports were enacted [1, 4, 6]. However, the measures taken at the state level has not significantly changed for the better physical condition of students: most of the children's health indicators in Ukraine are characterized by negative tendencies.

Experts state that during applying to school every third or fourth child has different abnormalities in health, and by the end of the study in the 11-th class – every second student. [4]

According to the Ministry of Health, in the 1-4 forms harmonious physical development have only 65% of children. Medical examination of children and adolescents showed that 36% of them have poor physical health, 56.5% – below average and average and only 7.5% – the higher than average and high level [6].

ANALYSIS OF RECENT RESEARCHES ON THIS ISSUE

It is known that the main form of physical education at school are compulsory for all students physical training lessons. But they do not provide for the body that develops, the necessary amount of motor activity, and do not produce a habit of regular doing physical exercises. The studies by O.G. Sukharev (1988), Sh. F. Sautkin (1989), I.V. Muravov (1989), S.M. Ivaskov (1994) indicate the negative impact of limited motor activity (hypokinesia) in childhood. In particular, it is noted that prolonged restriction of required physical activity leads to atrophy of muscles, defection of posture and functions of internal organs, reduction of mental and physical ability, it also leads to chronic diseases of the cardiovascular system and metabolism.

One of the main causes of declining physical activity of students is the current formulation of physical education at school. The implementation of its tasks is usually based on traditional forms, methods and means often standard and of the same type that lead physical development and preparation to passing educational standards [2, 3, 5].

Solving health problems during physical education of primary school children is possible due to the use of such an effective means of physical education, as staying at a

summer recreational establishment, that is discussed in studies of A. Sukharev (1991), Z.I. Ermakova (1974), N.V. Moskalenko (1992), V.V. Chyzhyn (1996). However, nowadays the interdependence between the parameters of physical development, physical readiness and physical activity of junior pupils with the peculiarities of the territory where they live are not determined to the full extent. Instrumental training programs for physical training during summer vacation are not developed.

Today in summer recreational establishment from 20 minutes to 1 hour is given for different types of PA (physical activity). According to materials of many researchers physical culture and sports are paramount among other activities concerning students in a summer recreational establishment, and when we speak about the intensity of educational communication 21 days of camp equal to one academic year. These features can provide the right motor regime for children during the holidays, which is a powerful wellness means [4, 7, 8].

In this regard, we believe, the researches related to reasoning both common approaches during the development of scientific and methodological foundations for students' rehabilitation by means of physical training, and specific mechanisms for their implementation in a summer recreational establishment are especially relevant.

OBJECTIVES OF THE STUDY

1) to summarize theoretical and practical experience concerning the problems of managing physical activity of primary school children at a summer recreational establishment;

2) to determine the effect of additional physical stress on the development of physical qualities of children and to develop organizational and methodological guidelines to improve the technique of their physical training in a summer recreational establishment.

THE MAIN MATERIAL OF THE STUDY

Heterogeneity of physical development, physical readiness, physical health status, functional abilities of children of younger school age has identified the need for dividing them into groups for doing physical exercises according to the level of functional status. In this regard, the children were divided into groups for doing physical exercises in various regimes.

1. **Correctional health treatment** – for children with impaired health, low levels of physical readiness.

2. **Developmental regime** – for children with average levels of physical health and readiness.

3. **Sport regime** – for the most physically developed and trained children.

For children with levels below average physical health a program of physical training with correctional and recreational orientation was developed.

Physical training lessons are planned so that they are interconnected with the general regime of the day, with other health promotion programs and take to 1.5-2 hours a day. They included a variety of means and methods of physical education, alternative healing methods, mastering the basics of a healthy lifestyle, which allow to regulate flexibly the orientation, the amount and intensity of exercises taking into account characteristics of children during the day, week, shift.

During one camp shift a proposed program of physical education of the improving orientation is calculated on 42 hours. The main forms of work in accordance with the program in the summer recreational establishment had morning exercises with mandatory running (300 m); corrective gymnastics; health procedures: dousing with cold water, walking on bare feet, sun and air baths, swimming, sports and outdoor games, walks, excursions and trips with the

games on the ground, entertainment (fun) on playgrounds; specialized sports celebration ("Stayer's day", "Sprinter's Day", "Thrower's Day," " Jumper's Day", "Merry Starts", etc.).

It should be noted that in these celebrations all children took part and during debriefing awarding was conducted in each group that was a kind of an incentive to attract children to physical training. It is important that these measures meet the needs and interests of the children, their desire for knowledge and perseverance.

The study was conducted at a summer recreation center "Smerichka" (village Mykulychyn Ivano-Frankivsk region.). The experiment involved 68 children of primary school age. 2 hours of additional football, basketball, volleyball lessons, three times a week (experimental group) and traditional classes according to the summer school health program (control group) were the models of the motor regimes. To study the combined effect of physical training on motor training of children there were introduced exercises to develop basic physical qualities: speed, strength, agility, flexibility, endurance in a certain ratio in the training program. The program of the pedagogical experiment included a literature review of research problems, determining the level of physical readiness of students of the experimental and control groups at the beginning and at the end of the period of staying at the summer recreational establishment, working out the program of the development of physical qualities of students based on football, basketball and volleyball classes; working out the methodology of integrated development of physical qualities of the experimental group, carrying out the certifying experiment, which included passing tests at the beginning and at the end of the period of stay at a summer recreational establishment, conducting classes in the experimental group based on the developed methodology and discussion of the research results. Obtained during the experiment data were processed by mathematical processing and on their basis conclusions were made.

We conducted the monitoring of physical health and physical readiness of junior pupils which showed reduction of its level in autumn, after the summer holidays. This situation, in our opinion, is the result of the lack of organization of proper rest in the summer period with the usage of a variety of recreational facilities, including physical education.

According to our study, anthropometric indices of control and experimental groups statically do not differ a lot. Experimental results showed changes in the level of physical readiness younger pupils. So, in terms of running 3x9 m EG among children the tendency of increasing of this parameter is observed. Among the boys EG result improved from $9,13 \pm 0,13$ s to $8,91 \pm 0,1$ s; among girls – from $9,25 \pm 0,1$ s to $9,10 \pm 0,1$ s. The growth among boys was 2.5% among girls – 1.7%. During the experiment CG children also had positive developments, which amounted to 1.6% among boys, 4.2% among girls.

It was discovered that the movement regimes, different in terms of amount of physical activity, positively influenced improvement of speed and power abilities of younger schoolchildren. The boys EG improved the results of jumping from place from $141,08 \pm 3,18$ cm to $147,42 \pm 4,26$ cm. Among the girls of this group the result improved from $123,75 \pm 1,77$ cm to $132,0 \pm 1,67$ cm In the control group changes are insignificant.

Qualitative changes in individual testing showed that among boys EG at the beginning of the experiment 92% had an average level of physical development; 8.0% – high. At the end of the experiment the number of boys with above average level up to 76% significantly increased and 8% of boys had below average, average and above average levels of physical development. Girls in this group at the beginning of the experiment the average level of physical development had 75% of children, and at the end of the experiment – 95%. In the control groups at the beginning of the experiment average level of development – 70% prevailed, 12% of children had high and above average level of physical development . At the end of the experiment the number of boys with an average level to 36% reduced, but the number of children with above-average level to 28% increased, with a high level of physical

development (18%). Girls of the control group at the beginning of the experiment had 32% below average, average and above average physical development – 34%. At the end of the experiment the number of girls with above average level increased to 14% because of reducing the number of children with average and below average levels of physical development.

As the results of the experiment displayed among the primary school children of both groups we observed the growth of rates of force abilities.

In the development of flexibility over the period of the experiment some positive developments occurred, but they are not significant. Yes, among the boys EG the result of flexibility of the spine improved by 5.7% and in the CG changes did not occur. Among the girls EG flexibility result improved by 3.4% in the control group – 2.8%.

One of the objectives of our research was to develop organizational guidelines for improving methods of physical fitness among students of primary school age during the stay at the summer recreational establishment, which are thrown together to the following points:

- information that comes from the teacher, should be available for children's perception and should be introduced taking into account the level of development of their mental functions;

- complex of power exercises should be alternated with optimal cyclic and speed exercises that give good effect for the development of the endurance;

- physical activity should be dosed, taking into account the age characteristics and health status of the child. It is very important follow systematic doing physical exercises;

- it is necessary to use active rest;

- training methods should be performed with a help of the methods of interval and combined exercises, playing and adversarial method.

- effectiveness of implementation of the methodology of the development of physical qualities is possible due to rationally organized system of construction of educational process.

CONCLUSIONS AND RECOMMENDATIONS FOR FURTHER RESEARCH

1. Analysis of scientific and technical literature shows that a high level of physical condition of children is one of the conditions of good health, and often the cause of various abnormalities in their physical development is the lack of physical activity, that progress every year. Solving health problems during the period of staying of the primary school children at a summer recreational establishment is possible due to the use of effective means of physical culture and increase the number of hours to improve physical readiness.

2. While the research it was revealed that movement regimes, different in terms of physical activity, positively influenced the improving the speed and power abilities (from $141,08 \pm 3,18$ cm to $147,42 \pm 4,26$ cm – among boys, with $123,75 \pm 1,77$ cm to $132,0 \pm 1,67$ cm – among girls), agility (from $9,13 \pm 0,13$ s to $8,91 \pm 0,1$ s – among boys, from $9,25 \pm 0,1$ s to $9,10 \pm 0,1$ s – among girls). In the development of flexibility and power capacity over the period of the experiment some positive developments also occurred, but they are insignificant.

3. At the end of the experiment, the number of children with above average and high levels of physical development and physical fitness increased. The introduced technique, which generalizes practical and methodological experience concerning the problems of managing physical activity of younger schoolchildren, is an effective means of integrated development of their physical skills while being at a summer recreational establishment.

4. According to the results of the research to improve the health of children by means of physical education in the sports camp is necessary, first, to divide children into groups for doing physical exercises according to their level of physical health, and secondly, for children who have low levels of physical fitness physical training should be refocused on the correction and recreational orientation, and thirdly, to ensure continuity of school physical

education to increase the time devoted to physical education in summer recreational establishment to 2 hours a day.

5. It is planned to study the effect of the regime of the day at a summer recreational establishment on various aspects of psychophysical health of children of all ages.

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